

# Edamame Kung Pao Chicken

Product Code: 8-52724-15557-9



*Spicy chicken blended with our fiery Kung Pao Sauce and tossed with crisp vegetables.*

**Our products do not contain MSG, artificial coloring or flavoring, peanuts, peanut oil, or lard and are zero trans fat.**



**Pack size: 6-4lb. Chicken • 6-16 oz. Sauce  
6-36 oz. Vegetables**

## **Ingredients:**

Chicken: Skinless chicken leg meat, water, soy bean oil, whole egg, cornstarch, chili pepper powder, salt, white pepper, ginger, garlic, green onion.

Sauce: Water, sugar, soy sauce (soybeans, wheat flour, water, salt, straw mushroom extract [contains sulfites]), vinegar, modified starch, lime juice, chili powder, salt, garlic, ginger, onion.

Vegetables: Edamame, water chestnuts, onion, green bell peppers.

Allergens: Egg products, soy, wheat, and citrus

**Made in the USA**

## **Child Nutrition**

Meat/Meat Alternate 2.88 oz. raw chicken

Yield 2 oz. cooked chicken per portion

Recommended serving size:

3.8 oz. = 2.1 oz. chicken, .5 oz. sauce and 1.2 oz. vegetable

Approximate servings per case: 182

This 3.8 oz. serving provides 2 meat/meat alternate and 1/8 Cup vegetable (category-other) according to the Food Buying Guide for Child Nutrition Programs.

I certify this information is true and correct.

*Louise Espelding*

Vice President

12/04/12

## **Nutrition Facts**

Serving Size 3.8 oz. (108g)  
Serving Per Container 182

Amount Per Serving	
<b>Calories</b> 127	Calories from Fat 26
<b>% Daily Values*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 44mg	<b>15%</b>
<b>Sodium</b> 363mg	<b>15%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 14g	<b>28%</b>
Vitamin A 10%	Vitamin C 14%
Iron 29%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## **Preparation**

Place a single layer of chicken on baking sheet. Heat at 400° for 16-20 minutes or until golden brown, and internal temperature reaches 165°. Heat sauce and vegetables in steamer, low boil in the bag, or microwave. Add chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

## **Shelf life**

1 Year frozen at 32°

For further information please call, 909.593.4797



Product Formulation Statement  
Meat/Meat Alternate

Product Name: *Ling's 5<sup>th</sup> Taste Edamame Kung Pao Chicken* Code Number: *8-52724-15557-9*

Case Weight: 42 lbs Pack/Count: 182 - *3.80 oz. serving per case*

I. Meat/Meat Alternate

Description of Creditable Ingredients per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Food Buying Guide Yield	Creditable Amount
<i>Chicken, boneless, fresh</i>	<i>2.88 ounces</i>	<i>X</i>	<i>.70</i>	<i>2.016</i>
A. Total Creditable Amount				2.016

II. Alternate Protein Product (APP)

Ling's 5 <sup>th</sup> Taste Products do not contain APP	0.0
B. Total Creditable Amount APP	0.0
C. TOTAL CREDITABLE AMOUNT (A+B rounded down to nearest ¼ oz.)	2.0

Total weight (per portion) of product as purchased: *3.80 ounces*

Total creditable amount of product (per portion): *2.0*

I certify that the above information is true and correct and that a 3.80 ounce serving of the above products (ready for serving) contains 2.0 ounces of equivalent meat/meat alternate when prepared according to directions.

Signature: *Roy D. Meador*

Title: Director of Sales

Printed Name: Roy D. Meador

Date: 11-28-12

Phone Number: 909-238-3483